

# HOUSE BILL 1080

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2lr2839

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By: **Delegate Walker**

Introduced and read first time: February 10, 2012

Assigned to: Ways and Means

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## A BILL ENTITLED

1 AN ACT concerning

2 **Education – Student Athletes – Heat Acclimatization Guidelines**

3 FOR the purpose of requiring the State Department of Education, in collaboration  
4 with certain organizations and health care providers, to develop a model policy  
5 for preseason–practice heat acclimatization guidelines for student athletes;  
6 requiring local boards of education to adopt preseason–practice heat  
7 acclimatization guidelines for student athletes; requiring certain guidelines to  
8 include requirements for the duration of a practice time, a walk–through, and a  
9 recovery period during preseason practice; defining certain terms; and generally  
10 relating to requiring the adoption of preseason–practice heat acclimatization  
11 guidelines for student athletes.

12 BY adding to

13 Article – Education

14 Section 7–434

15 Annotated Code of Maryland

16 (2008 Replacement Volume and 2011 Supplement)

17 SECTION 1. BE IT ENACTED BY THE GENERAL ASSEMBLY OF  
18 MARYLAND, That the Laws of Maryland read as follows:

19 **Article – Education**

20 **7–434.**

21 **(A) (1) IN THIS SECTION THE FOLLOWING WORDS HAVE THE**  
22 **MEANINGS INDICATED.**

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EXPLANATION: CAPITALS INDICATE MATTER ADDED TO EXISTING LAW.

[Brackets] indicate matter deleted from existing law.



1           **(2) “HEAT ACCLIMATIZATION” MEANS ENHANCING AN**  
2 **INDIVIDUAL’S EXERCISE HEAT TOLERANCE AND ABILITY TO EXERCISE SAFELY**  
3 **AND EFFECTIVELY IN WARM TO HOT CONDITIONS.**

4           **(3) “PRACTICE” MEANS A PERIOD OF TIME A STUDENT ATHLETE**  
5 **ENGAGES IN PHYSICAL ACTIVITY DURING A COACH–SUPERVISED,**  
6 **SCHOOL–APPROVED SPORTS– OR CONDITIONING–RELATED ACTIVITY,**  
7 **INCLUDING WARM–UP, STRETCHING, WEIGHT TRAINING, AND COOL–DOWN**  
8 **PERIODS.**

9           **(4) “PRESEASON PRACTICE” MEANS THE INITIAL 14 DAYS OF**  
10 **PRACTICE FOR A STUDENT ATHLETE BEFORE THE FIRST DATE OF PRACTICE**  
11 **DURING THE REGULAR SEASON.**

12           **(5) “RECOVERY PERIOD” MEANS THE TIME BETWEEN THE END OF**  
13 **ONE PRACTICE OR WALK–THROUGH AND THE BEGINNING OF THE NEXT**  
14 **PRACTICE OR WALK–THROUGH.**

15           **(6) “STUDENT ATHLETE” MEANS A STUDENT WHO PARTICIPATES**  
16 **IN AN ATHLETIC PROGRAM FOR HIGH SCHOOL STUDENTS IN A STATE**  
17 **SECONDARY SCHOOL THAT IS A MEMBER OF THE MARYLAND PUBLIC**  
18 **SECONDARY SCHOOLS ATHLETIC ASSOCIATION.**

19           **(7) (I) “WALK–THROUGH” MEANS A TEACHING OPPORTUNITY**  
20 **WHEN AN ATHLETE IS NOT WEARING PROTECTIVE EQUIPMENT, INCLUDING**  
21 **HELMETS, SHOULDER PADS, CATCHER’S GEAR, OR SHIN GUARDS, OR USING**  
22 **OTHER SPORTS–RELATED EQUIPMENT.**

23                   **(II) “WALK–THROUGH” DOES NOT INCLUDE ANY PART OF A**  
24 **PRACTICE PERIOD.**

25           **(B) (1) THE DEPARTMENT, IN COLLABORATION WITH THE**  
26 **DEPARTMENT OF HEALTH AND MENTAL HYGIENE, EACH COUNTY BOARD, THE**  
27 **MARYLAND PUBLIC SECONDARY SCHOOLS ATHLETIC ASSOCIATION, THE**  
28 **MARYLAND ATHLETIC TRAINERS’ ASSOCIATION, AND REPRESENTATIVES OF**  
29 **LICENSED HEALTH CARE PROVIDERS WHO TREAT STUDENT ATHLETES, SHALL**  
30 **DEVELOP A MODEL POLICY FOR PRESEASON–PRACTICE HEAT**  
31 **ACCLIMATIZATION GUIDELINES FOR STUDENT ATHLETES.**

32           **(2) EACH LOCAL BOARD SHALL ADOPT PRESEASON–PRACTICE**  
33 **HEAT ACCLIMATIZATION GUIDELINES FOR STUDENT ATHLETES.**

1           **(C) THE PRESEASON-PRACTICE HEAT ACCLIMATIZATION GUIDELINES**  
2 **SHALL INCLUDE REQUIREMENTS FOR THE DURATION OF A PRACTICE TIME, A**  
3 **WALK-THROUGH, AND A RECOVERY PERIOD DURING PRESEASON PRACTICE.**

4           SECTION 2. AND BE IT FURTHER ENACTED, That this Act shall take effect  
5 July 1, 2012.